



**Kitchen Essentials for 2012: Budgeting, Knife Skills and Healthy Recipes  
Train-the-Trainer - School Food Service Director Workshop**

**October 5, 2012**

**8:00am-4:00pm**

**Culinary Arts Institute at  
Hudson County Community College  
161 Newkirk Street, Jersey City**

**Morning Session Keynote: Budgeting for Today's School Feeding Programs**

Kate Adamick, [Cook for America](#), Author of [Lunch Money](#)

**Afternoon Sessions: Food Handling, Knife Skills and Recipe Development**

Hands-on training at Culinary Arts Institute at HCCC

**Trainers:**

Sal Valenza, NuWave Concessionaires

Alyssa Moles, The Food Trust

Participants will learn basic knife skills, food handling practices and recipe development using fresh produce and commercial kitchen equipment. They will also learn about the region's seasonality and how it affects pricing and availability and how turning produce into value added products can save money.

**Sponsors:**

NJ Farm to School Network

The Culinary Conference Center at Hudson County Community College

NJ Partnership for Healthy Kids

Shaping NJ/NJ Department of Health

Alliance for a Healthier Generation

Sustainable Jersey City

Barilla Pasta

**Collaborators:**

Jersey City School District

Jersey City Medical Center

NJ School Nutrition Association

NJ State Nurses Association

NJ Department of Agriculture / Food & Nutrition Division

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